

Breakfast | Lunch | Dinner | Snack

# Basic Quinoa Recipe

**3 Mins**  
Prep Time

**15-20 Mins**  
Cook Time

**10**  
Servings

 **111** Calories   **2g** Fat   **20g** Carbs   **4g** Protein



## Ingredients

 **10** Servings • **½ Cup** Serving Size    **18-23 Mins** Total Time    **Allergens:** N/A

2 Cups Quinoa, dry 

4 Cups Water

### Nourishment Note



#### **Quinoa**

Quinoa is a gluten free grain with a high amount of protein and fiber. It's rich in quercetin and flavonoids, antioxidants that work to protect healthy cells from damage.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Add Quinoa & Water to Pot

Add quinoa and water to a medium-sized pot. Place on the stove over medium-high heat. Bring to a boil.

### 3. Reduce Heat & Let Simmer

Cover, reduce heat to medium-low and simmer until the water is absorbed, 15 to 20 minutes.

### 4. Remove From Heat

Remove from heat and allow to sit for 5 minutes. Uncover and fluff with a fork.

### 5. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [ancientharvest.com](http://ancientharvest.com)

## What You'll Need



Measuring Cup



Medium-Sized Pot with Lid



Fork

### Fatigue Buster

- Quinoa is a quick-cooking grain that can help reduce the amount of time spent in the kitchen.
- Prepare a large batch of quinoa and use throughout the week. Extras can be frozen and later added to soups, stews, stir fries etc.